

ADMINISTRATIVE MESSAGE

ROUTINE

R 141805Z FEB 03 ZYB MIN PSN 616149J27

FM CNO WASHINGTON DC//N1//

TO NAVADMIN

UNCLAS //N06110//  
NAVADMIN 043/03

MSGID/GENADMIN/CNO WASHINGTON DC/-/FEB//

SUBJ/PREVENTIVE HEALTH ASSESSMENTS//

REF/A/OPNAVINST 6110.1G/CNO/10OCT2002//

AMPN/REF A IS PHYSICAL READINESS PROGRAM.//

RMKS/1. THIS MESSAGE ESTABLISHES JANUARY 2004 VICE JANUARY 2003 AS THE REQUIRED DATE FOR COMPLETION OF PREVENTIVE HEALTH ASSESSMENTS (PHA) FOR PHYSICAL CONDITIONING AND PHYSICAL READINESS TESTING (PRT): THIS CHANGE ALLOWS LEVEL LOADING OF PHA WORKLOAD AT MEDICAL FACILITIES.

2. CHANGE REF A, ENCLOSURE (3), PARAGRAPH 1.D.(1) TO READ: ACTIVE DUTY MEMBERS SHALL RECEIVE AN ANNUAL PHA. PHA PROVIDES A MECHANISM FOR CLEARANCE TO PARTICIPATE IN PHYSICAL FITNESS ASSESSMENT FOR A 12-MONTH PERIOD. AS OF JANUARY 2004, MEMBERS WHO DO NOT HAVE A CURRENT PHA SHALL NOT PARTICIPATE IN PHYSICAL CONDITIONING, FEP OR PRT UNTIL THE PHA IS COMPLETED. A CURRENT PHYSICAL EXAMINATION AND A COMPLETED PHYSICAL ACTIVITY RISK FACTOR QUESTIONNAIRE (PARFQ) IS REQUIRED FOR CLEARANCE FOR PARTICIPATION IN SPRING AND FALL 2003 PRT FOR THOSE MEMBERS WITHOUT A CURRENT PHA. IT IS EXPECTED THAT SERVICE MEMBERS WILL COMPLETE THEIR PHA DURING THEIR BIRTH MONTH.

3. MEMBERS WHO DO NOT HAVE A CURRENT PERIODIC PHYSICAL EXAMINATION OR ANSWER "YES" TO ANY QUESTION ON THE PARFQ SHALL BE REFERRED TO MEDICAL FOR EVALUATION AND CLEARANCE BY A CREDENTIALLED PROVIDER. THOSE MEMBERS WHO ANSWER "YES" TO ANY QUESTION ON PARFQ AND WERE PREVIOUSLY CLEARED TO PARTICIPATE FOR THAT RESPONSE DO NOT NEED TO BE REFERRED ON SUBSEQUENT PFAS AS LONG AS CONDITION HAS NOT WORSENERED AND NO NEW RISK FACTORS ARE PRESENT.

4. POC IS TIM CEPAK AT (901) 874-4242/DSN 882 OR E-MAIL: P651F@PERSNET.NAVY.MIL.

5. RELEASED BY VADM G. L. HOEWING, N1.//

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